

OLD SCHOOL BODYBUILDING

5 DAY MASS GAIN PROGRAM



Old School Muscle

5 day high volume training program to build a classic physique

Massive Strength

Build muscle and gain strength using old school strength training principles

Peter Khatcherian

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DISCLAIMER

Peter Khatcherian is not a doctor or registered dietitian. The contents of this document should not be taken as medical advice. It is not intended to diagnose, treat, cure, or prevent any health problem – nor is it intended to replace the advice of a physician. Always consult your physician or qualified health professional on any matters regarding your health.

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ABOUT THE AUTHOR

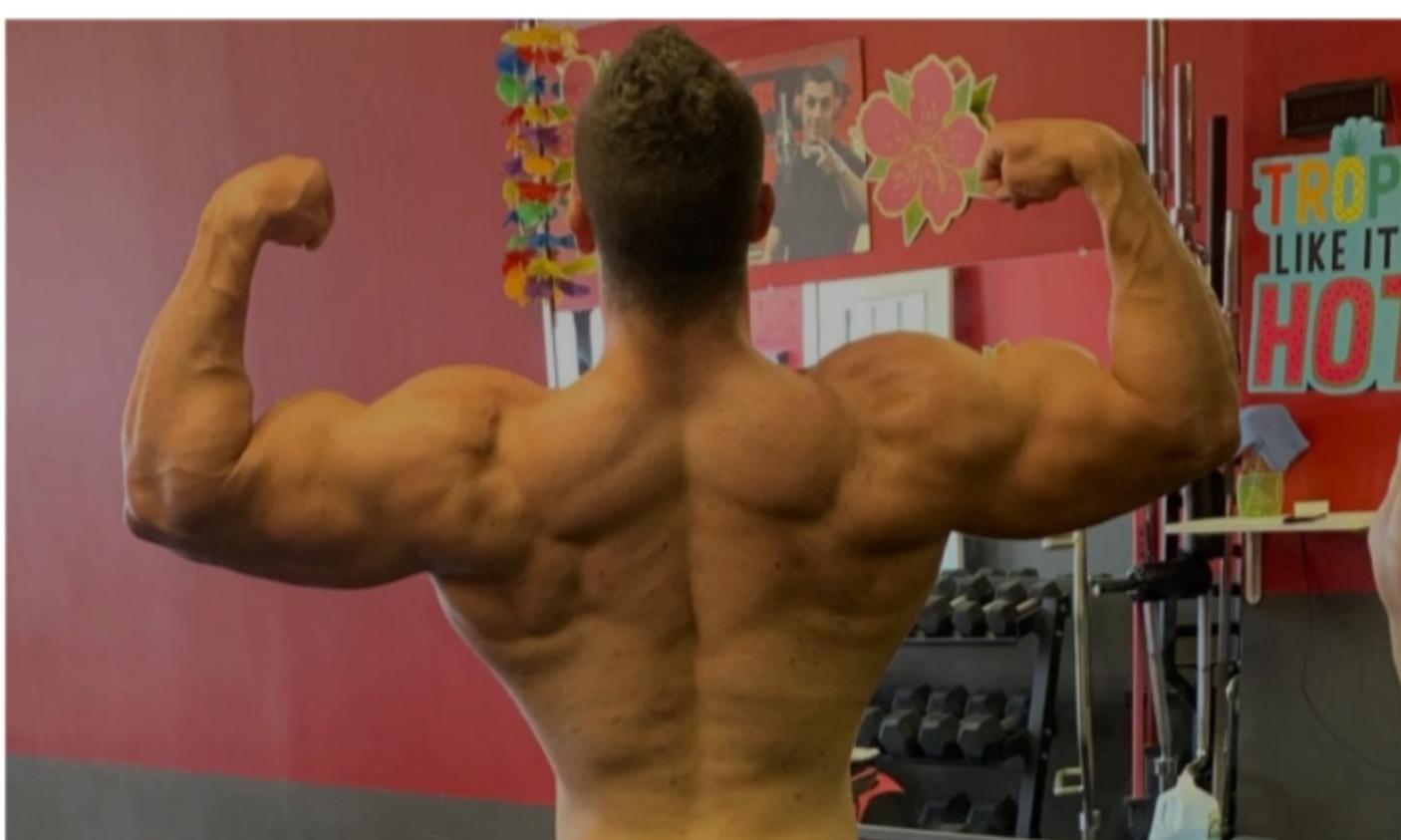
Pete Khatcherian is a national level NPC competitor with over 17 years of bodybuilding experience. He has coached hundreds of people worldwide both competitors and non-athletes.

Through his informative and entertaining youtube channel (which is considered one of the fastest growing fitness channels online) Pete aims to share the knowledge and passion he has for bodybuilding with other motivated individuals.

Pete's specific area of expertise in bodybuilding is building a classic "old school" physique which he considers not just a physical pursuit but an artistic journey as well.

In 2021 after 13 years in the field training 1 on 1 clients Pete decided to pursue his biggest goal of bringing bodybuilding back to the classic artform it once was.

Through his YouTube channel, working directly with clients all over the world and with this book Pete aims to bring the old school methods of bodybuilding back to life!



ABOUT THIS PROGRAM

Over the last 10 years or so there's been an influx of bodybuilding information online. With the rise in social media its been both a blessing and a curse.

If you want to find out the best way to completely transform your body, the information is available at your fingertips. The problem is, anyone can have a voice today and unfortunately more misinformation is being spread than ever before. This makes finding good information sometimes almost impossible to come by.

In addition today's bodybuilding training methods are not producing classic, proportioned and aesthetic physiques. If your goal is aesthetics, you will be very underwhelmed with your results if you follow traditional methods that have you training with a common one body part per day routine.

The methods in this book have been developed both in the field and based off years of experience and knowledge provided by some of the greatest bodybuilders of all time. Arnold Schwarzenegger, Sergio oliva, Frank Zane, Franco Colubu, Lou Ferrgino, Serge Nubret and many more.

Back then there were no gurus, no information on training, even gyms were hard to come by. Equipment was as bare bones as it can get. Yet they managed to build the best physiques we have ever seen in bodybuilding history!

You would think with all the advancements we have made in science, technology and general information today that bodybuilding would progress yet it hasn't at all. Unless your definition of progression is just simply getting bigger but if you're reading this book then I doubt that's how you feel.

ABOUT THIS PROGRAM

The methods used back then were not developed in a lab, they are the tried-and-true methods of the greatest bodybuilders in history. If you ever question what type of results this style of training can produce, take a look back at all the great bodybuilders in the 60's and 70s and look at their physiques. They are a testament to old school volume training!



WHAT THIS PROGRAM IS

The main goal of this program is to serve as the foundation of proper old school volume training methods.

If you are brand new to training this is the perfect place to start as you will be acclimating your body to the demands of high volume training. This will not only produce gains in muscle mass and strength but will set you up for continual progress as you become more advanced and need to adopt more demanding training plans.

If you are advanced or have been training using different approaches to building muscle, this program will also serve you well! High volume training is an extremely demanding system and anyone who aims to maximize their results in the gym need to start with this plan before moving to advanced workouts.



FAQ

Is this program overtraining? Will training muscle groups 2-3 times a week work better than once a week?

Overtraining happens when you train beyond your body's recovery ability for extended periods of time. Its systemic meaning that it's not about training an individual muscle group too much, but doing too much demanding work across your entire body.

Muscles generally adapt and recover from a training session within 48-72 hours, after that time your muscles are no longer growing. If you're not stimulating them again you are letting your body regress. Muscle groups should be trained at a minimum twice per week to maximize growth.

Should I be training to failure every set?

With a high volume training program like this one it is almost never productive to purposely train to failure.

The amount of total work done is what stimulates growth with an approach like this.

If you are constantly taking your sets to failure you will be creating so much fatigue that you will not only impair your performance set to set and workout to workout, but you will be doing LESS work because you aren't capable of putting enough effort to the rest of your sets.

As a general rule of thumb avoid failure and try to keep most sets at 1-2 reps left in the tank.

When Should I try to increase the weight on exercises?

You should be adding weight to the bar as you are getting stronger but never before.

FAQ

In an ideal situation you would be continuously getting stronger and adding weight to the bar consistently.

However in real life that doesn't always happen, especially every week.

If the weights feel lighter than they did previously that's a good sign that your body is adapting and growing, in order to continue that progression, you will need to challenge your body by increasing the weight.

With that said I NEVER recommending putting more weight on the bar just because you want to do more than you did last time. That's a recipe for injury and not worth the risk.

Let your body tell you when its time to increase the weight and focus on perfect form and let the volume stimulate growth.

What should I do after I complete the program?

The program can be run multiple times and I would recommend you run through it until you feel you have fully developed your base physique. At which point you might have specific body parts that need more attention and more specific workouts. If this is where you are at currently you can ether run one of other body part specific workouts or work with me directly to formulate a custom plan for you.

For custom programs email me: Peterkhatcherian@gmail.com

KEY TERMS

Superset: Completing a set of a particular exercise and then immediately moving onto the next exercise. After completing both sets a brief rest period of 1-3 minutes is taken before moving onto another set.

In this program we use antagonistic supersets where we complete a set of chest and then move directly to a set of back with no rest. Example would be a set of Barbell incline press for 20 reps and then immediately going into a set of pullups for 20 reps. After both are completed a short rest period is taken.

This serves two purposes, it allows you to get more work in by training the chest while the back is resting. It also allows you to stretch the opposing muscle group while working the other, this promotes an even greater pump and facilitates recovery as well as improves performance of the opposing muscle groups. This technique was extremely common among bodybuilders in the 60's and 70's

AMRAP: As many reps as possible. On certain exercises we will not focus on a specific rep range or loading. Generally, this is used with bodyweight exercises like the pullup.

If you see 5 sets AMRAP for example that would mean you do as many reps as you can each set. Depending on your strength you might do 20 reps on the first set, then due to fatigue you might only manage 18 on the second, 15 on the 3rd, 12 on the 4th and another 10 on the fifth.

Keep in mind this is only an example and day to day depending on your fatigue this can look very different. Just note that it is absolutely normal for you to only be able to do a portion of the reps you got on the first set (when you're fresh) on each proceeding set.

KEY TERMS

Pyramid Sets: Pyramiding refers to increasing the weight on the bar as the rep goals of the exercise go down. This is done to use lighter weights on the sets where you are required to do more reps and to use heavier weights for lower reps.

If the exercise calls for 5 sets pyramiding at 20, 15, 12, 10, 8 reps that would mean you should pick a weight that is light enough for you to complete 20 reps on your first set and progressively increase the weight each set.

That might look like this: 100lbs x20. 110x15, 115x12, 120x10, 125x8. Again this is an example.



THE PROGRAM

DAY 1 UPPER BODY

FLAT BENCH PRESS 5 SETS 5 REPS

STANDING OVERHEAD PRESS 5 SETS 5 REPS

CLOSE GRIP CHIN UP 5 SETS 5 REPS

BARBELL CURL 5 SETS 5 REPS

LYING TRICEP EXTENSION 5 SETS 5 REPS

Notes: The first 2 sets are lighter warmup sets and then 3 working sets with the same weight for 5 reps.

If you Bench press 225 pounds for sets of 5 the workout might look like this.

Set 1: 135x5
Set 2: 185x5
Set 3: 225x5
Set 4: 225x5
Set 5: 225x5

- IF YOU CANNOT COMPLETE 5 SETS OF 5 REPS ON CHIN UPS, PERFORM AS MANY SETS AS IT TAKES TO COMPLETE 25 TOTAL REPS*

THE PROGRAM

DAY 2 LOWER BODY

BARBELL SQUATS 5 SETS 5 REPS

BARBELL DEADLIFT 5 SETS 5 REPS

SEATED CALF RAISE 5 SETS 10 REPS

WEIGHTED CRUNCHES 5 SETS 10 REPS

Notes: The first 2 sets are lighter warmup sets and then 3 working sets with the same weight for 5 OR 10 reps.

If you Squat 315 pounds for sets of 5 the workout might look like this.

Set 1: 135x5
Set 2: 225x5
Set 3: 315x5
Set 4: 315x5
Set 5: 315x5

- Seated calf raises and weighted crunches are to be performed for 10 repetitions.

THE PROGRAM

DAY 3 CHEST & BACK

A1: INCLINE BARBELL BENCH PYRAMID

B1: WIDE GRIP PULLUPS AMRAP

A2: DUMBBELL FLY'S 5 SETS 10-15 REPS

B2: BENT OVER BARBELL ROWS

DUMBBELL PULLOVERS 3 SETS 15-20 REPS

Notes: Exercises listed A1 and B1 (or A2 and B2) are to be supersetted

To superset an exercise you will move directly from A1 to B1 with no rest. After the superset is completed a 1-3 minute rest is taken.

AMRAP: As many reps as possible!

- PYRAMID SETS ARE DONE WITH 5 TOTAL SETS. 20 REPS, 15 REPS, 12 REPS, 10 REPS, 8 REPS.
- EACH SET YOU WILL INCREASE THE WEIGHT AS THE REPS DECREASE

THE PROGRAM

DAY 4 LEGS

A1:FRONT SQUAT PYRAMID

B1: LEG CURLS 5 SETS 10-15 REPS

LEG PRESS 3 SETS 15-20 REPS

STANDING CALF RAISE PYRAMID

HANGING LEG RAISE 3 SETS AMRAP

Notes: Exercises listed A1 and B1 (or A2 and B2) are to be supersetted

To superset an exercise you will move directly from A1 to B1 with no rest. After the superset is completed a 1-3 minute rest is taken.

AMRAP: As many reps as possible!

- PYRAMID SETS ARE DONE WITH 5 TOTAL SETS. 20 REPS, 15 REPS, 12 REPS, 10 REPS, 8 REPS.

- EACH SET YOU WILL INCREASE THE WEIGHT AS THE REPS DECREASE

THE PROGRAM

DAY 5 SHOULDERS/ARMS

A1:ARNOLD PRESS PYRAMID

B1: UPRIGHT ROWS 5 SETS 10-15 REPS

A2: LATERAL RAISES 3 SETS 15 REPS

B2: BENT OVER LATERALS 3 SETS 15 REPS

A3: ALTERNATING DB CURLS 5 SETS 12-15 REPS

B3: TRICEP PRESSDOWN 5 SETS 12-15 REPS

A4: CABLE CURLS 5 SETS 12-15 REPS

B4: OVERHEAD TRICEP EXTENSION 5 SETS 12-15 REPS

- PYRAMID SETS ARE DONE WITH 5 TOTAL SETS. 20 REPS, 15 REPS, 12 REPS, 10 REPS, 8 REPS.
- EACH SET YOU WILL INCREASE THE WEIGHT AS THE REPS DECREASE